

GETTING THROUGH THE HUMP DAY HURDLE

Dialectical Behavior Therapy (DBT) is an evidence-based treatment that empowers individuals by teaching them effective coping skills to improve their emotional and interpersonal functioning. The Cook Counseling Center is offering a DBT workshop series throughout the semester. Because these workshops are taking place on Wednesdays, they have been appropriately named Getting Through the Hump Day Hurdle. These workshops are open to all VT students interested in participating.

SEPT. 23rd

3:00 PM

Mindfulness Skills of Observing, Describing & Participating

Trinley Palmo

<https://virginiatech-hippa.zoom.us/j/96344919314>

Oct. 7th

3:00 PM

How to Think More Effectively in a Difficult Situation

Erica Coates

<https://virginiatech-hipaa.zoom.us/j/4926334126>

Oct 21st

2:00 PM

DEAR MAN, GIVE & PLEASE: Skills of Interpersonal Effectiveness & Self Care

Lydia Qualls

<http://virginiatech-hippa/zoom.us/j/96056128671>

Nov. 4th

3:00 PM

Changing Your Emotions by Taking Opposite Actions

Claire Shen

<https://virginiatech-hippa.zoom.us/j/95692224288>

Nov. 11th

3:00 PM

Accepting Reality Using Skills of Radical Acceptance

Trinley Palmo

<https://virginiatech-hipaa.zoom.us/j/96219391450>

